

THE PARISH CHURCH OF
SAINT PAUL
GRANGE-OVER-SANDS



August 2022

£1



Normal services at The Parish Church of Saint Paul

Sundays - 11.00 am - Parish Service

Wednesdays - 10.00 am - Holy Communion

and at The Fell Church, Grange-over-Sands

9.30 am Second Sunday - Matins (BCP)

9.30 am - Fourth Sunday - Holy Communion (BCP)



Fifth Sunday of the Month

United Service within the Benefice

ST PAUL'S MISSION STATEMENT

Our mission is to **build confidence in Jesus Christ**
in the **heart of the community** through **prayer,**
worship and learning, in joy and practical service
to the wider world.

Mission Community Leader & Associate Priest of Grange & Field Broughton

Rev'd Canon Jonathan Brewster

Tel no 07977127244

(ivicar@btinternet.com)

Team Vicars

Rev'd Nick Devenish - The Vicarage, Priest Lane, Cartmel, LA11 6PU 36261

Rev'd Jane Maycock - The Rectory, Longlands Rd, Bowness, LA23 3AS 015394 4306

Licensed Lay Readers in the Cartmel Peninsula Team Ministry

Steve Bell, Beckside Barn, Beckside, Cartmel, LA11 7SW 36789

Jenny Leahy, Studio, Mill House, Lindale, LA11 6LF 35979

Dianne Maguire, Cardrona Road, GOS 07951423789

Lay Reader Emeritus

Joyce Leach, Stoneleigh, 11 Highfield Road, GOS, LA11 7JA 35297

Visit our Website www.grangepcc.co.uk

and/or Facebook page www.facebook.com/StPaulsGoS

Interpreting the Bible

Finding the right interpretation of the Bible is a vital matter for every Christian and for every Church. In the last forty years the subject of interpretation (sometimes called hermeneutics) has been the subject of much discussion and debate. Some say that, if you study the Bible in a sincere and honest way, you will have no difficulty in discovering the meaning. However, in practice this does not seem to be the case. Christians equally loyal to the Bible have arrived at very different views of what it commands them to do. Baptism, Church governance, issues in human sexuality are just a few issues on which equally Biblical Christians are deeply divided.

Inevitably we all come to study the Bible with our minds partly made up. However hard we try to be objective, we are deeply influenced by past experiences and the circle of friends to which we belong. For example, a Guardian-reading Christian is likely to approach the Bible with different preconceptions from those in the mind of a Daily Telegraph reader! A cautious personality is likely to come to the Bible with a different approach from an adventurous personality.

What I have just written may seem very pessimistic to some people. In fact, I don't think there is any need to be pessimistic. God will help us understand the truth. The Holy Spirit has been given to help us understand what God is saying to us through the Bible. So we must allow the Holy Spirit to challenge our presuppositions. We must read the Bible prayerfully, asking God to show us his truth.

We are sensible to think through the Bible in company with other Christians. As we hear and read what other Christians have found in the scriptures, we will develop a surer understanding of Christian truth. In my previous parish we had a series of home groups which met regularly to pray and to deepen their understanding of the Bible. They found this very helpful. Similarly, by reading books or listening to podcasts from wise Christians who themselves are students of the Bible we can learn much.

We'll not understand the message of the Bible through reason alone. We need the help of the Holy Spirit and the help of other Christians. A true understanding of God's truth requires Scripture, our own thinking, the help of the Holy Spirit and a fervent desire on our part to know and do God's will. Of course, sincere Christians equally filled with the Holy Spirit will come to different conclusions on various matters, but they will need to do so with a holy tolerance and the humility to realise that they do not have a complete and infallible understanding of all God's truth.

Jonathan

DATES FOR YOUR DIARY IN AUGUST 2022

Wednesday - 3rd August

2.30 pm - Cuppa & Cake afternoon in St Paul's Church - *All welcome*
(see page 7 for details)

Friday - 5th August

10.30 am - Time for Peace at Cartmel Quakers - *All welcome*

11.00 am - Funeral of Kevin O'Toole in St Paul's Church

Sunday - 7th August

4.30-5.30 pm - Praise on the Prom (see page 7)

6-7 pm - Stillness & Song at the Methodist Church, Grange (see page 20)

Wednesday - 10th August

12 noon - Lunch Club at Haverthwaite Church Hall

7 pm - Standing Committee Meeting in St Paul's Church

Sunday - 21st August

4.30-5.30 pm - Praise on the Prom

Monday - 22nd August

5 pm - Mother Teresa Co-workers in St Charles' Church

WALK TO CHAPEL ISLAND

July 9th turned out to be a warm day for the 4-mile walk to Chapel Island, a fundraiser for the Methodist Church building fund. Susan, Christine, Gemma (my daughter) and I joined over 150 walkers across the sands following our guide Robert to Chapel Island - lots of chances to chat with Methodist friends and have a catch up. We couldn't go on to the island as the Eider ducks were nesting but still a lovely day for a walk on the sands. If you get the chance it's a lovely walk. Judith





Parish of Saint Paul, Grange-over-Sands

AUGUST 2022 - SERVICES AT ST PAUL'S & FELL CHURCH

WEDNESDAY - 3rd August

10.00 am - Holy Communion - St Paul's Church, Grange
Rev'd Nick Hallam

7th AUGUST - EIGHTH SUNDAY AFTER TRINITY

11.00 am - Holy Communion - St Paul's Church, Grange
Rev'd Jonathan Brewster

WEDNESDAY 10th AUGUST

10.00 am - Holy Communion - St Paul's Church, Grange
Rev'd Jonathan Brewster

14th AUGUST - NINTH SUNDAY AFTER TRINITY

9.30 am - The Fell Church, Grange - Lay-led
11.00 am - Holy Communion - St Paul's Church, Grange
The Venerable Penny Driver

WEDNESDAY 17th AUGUST

10.00 am - Joint Holy Communion
at Methodist Church, Grange

21st AUGUST - TENTH SUNDAY AFTER TRINITY

11.00 am - Morning Worship - St Paul's Church, Grange
Lay-led

WEDNESDAY 24th AUGUST

10.00 am - Holy Communion - St Paul's, Grange
The Venerable Penny Driver

28th AUGUST - ELEVENTH SUNDAY AFTER TRINITY

9.30 am - Holy Communion - The Fell Church, Grange
Rev'd Nick Hallam
11.00 am - Holy Communion - St Paul's Church, Grange
Rev'd Nick Hallam



FROM THE REGISTERS AUGUST 2022

WEDDING

Anna Shorrock & Ryan Cochrane - Friday 29th July 2022

FUNERAL SERVICE

Joan Martha Chapman 22nd July 2022

YEAR'S MIND

Shirley Elizabeth Sherratt 2nd August 2018

Alan Meadowcroft 6th August 2018

Margaret Grundy 18th August 2019

Geraint Jones 11th August 2020



***“In sure and certain hope
of the resurrection to
eternal life through our
Lord Jesus Christ”***

WE WERE DELIGHTED that **Tim Farron** MP and his wife Rosie were able to join us for the service led expertly by Alan Wheatley in July. Tim gave a thought-provoking sermon based on the Bible story of the tax collector and the Pharisee. I'm sure if he wasn't an MP, a career in the church would have beckoned!

He has kindly agreed to return next year .



INVITATIONS

MEN'S WALKING GROUP

The St Mary's (Allithwaite) Men's Walking Group is in its ninth year now and have recently fixed a programme for the next six months. The group walks fortnightly on Thursdays, sometimes locally, sometimes further afield in the Lakes or Dales. Walks are sometimes easy, sometimes more testing, and usually 5 -10 miles. We would like to extend an invitation to men in all our peninsula churches to join us. If interested please contact Charles Rowsell (015395 38871) priorsyeat@hotmail.com or Mervyn Hull (07967975232) mervynhull@hotmail.com

CUPPA AND CAKE

The second date for our informal afternoon get-together at St Paul's is on Wednesday, **3rd August**, at 2.30 pm. This is an opportunity to spend time together while enjoying some light refreshments. Transport is available if required, and we very much hope that some of our home communicants will be able to join us. No need to 'book', just turn up and enjoy some fellowship.

CARTMEL QUAKERS are holding a **Time for Peace** on Friday, **5th August**, at 10.30 am. There will be half an hour of silent prayer and reflection for the war in Ukraine and the world as a whole, followed by a cup of tea. Everyone is welcome, of all faiths or none.

STILLNESS & SONG

Grange Methodists invite us to their church for an hour of quiet reflection and song in the style of the Taizé community, on Sunday, **7th August**, 6-7 pm. Music led by local musicians.

PRAISE ON THE PROM

Mick and Jean Malkin meet with a group on the Promenade near Clare House railway bridge:
Sundays at 4.30 pm-5.30 pm on August 7th and 21st) and September 4th and 18th (not Prom Art Sundays)
Books are provided for you to choose your favourite hymn. Bring your chair if you wish (bring your own instrument too!) Come and make a joyful noise to our Lord.
All welcome

PROM ART DATES

Prom Art 10 am - 4 pm
will be on the
following dates
14th August
28th August
11th September
25th September

ROOKHOW OPEN DAYS on the 1st and 3rd Fridays of every month, 10 am—4 pm. You are invited to visit this historic Grade II 1725 Quaker Meeting House in the heart of the Rusland Valley (LA12 8LA). Find out about the history of early Quakers in the area and what Rookhow is involved with today. Sue Nicholls (Joyce's daughter) is Development Manager. Free admission.

PENINSULA GAMES - 6TH JULY 2022



Excitement and anticipation were in the air as more than 500 children had numbers pinned on T-shirts, flags began to wave, and cheers echoed around for the spectacle of the 2022 "Peninsula Games" on Wednesday 6th July. This was held on the playing fields, tennis courts and in the hall at Cartmel Priory CofE secondary school. It was expertly led by Mr Ian Nicol (Head-teacher of Leven Valley School) and wonderfully supported by the local primary school PE co-ordinators, the other head-teachers and many staff members from the secondary school. In addition, there were many of the older pupils from Cartmel who acted brilliantly as "the games-makers" assisting in numerous ways with a huge variety of activities, sports and games in which all the primary school children could participate, and fully enjoy. As well as competitive athletics, the children were grouped in small cohorts to experience as many as 20 different "taster sports" such as table tennis, hockey, badminton and cycling.

To commence the games, all the school children from the seven local primary schools marched around the running track watched by hundreds of spectators. They were accompanied by sports celebrities, Craig Heap (former British gymnast champion), Bethan Lishman (Para-olympian hammer thrower), Rennell Brennan (off-road triathlete who has represented GB), and local former professional and England women's footballer, Kelsey Pearson from Flookburgh, all of whom inspired and demonstrated their sporting talents with pupils. The closing ceremony brought everyone together when Lucy Cavendish from Holker Hall presented medals, trophies and certificates.

Throughout the day, children were enthusiastic and well behaved, and all went home rather tired, but having experienced and enjoyed a wonderful occasion. This was their start to the understanding of the forthcoming Commonwealth Games to be held in Birmingham next month.

Colin & Dorothy Milner

PS Thank you for the donation from St Paul's that helped make this event happen!

ST PAUL'S HOLIDAY CLUB

On July 21st we were really pleased to run our first holiday club at St Paul's for many years led by Helen Hoyle, our local Church & Community Youth Leader.

The theme of the morning was Noah and the ark - 8 primary-aged children from Grange School had a lot of fun talking about the story and creating a very impressive display of Noah's ark and his animals, ably helped by a great team (Margaret, Audrey, Colin, Gill, Christine, Sandra, Judith) from St Paul's. If you're in church please have a look at the drawings of Noah, the animals and his family - there were some very artistic children!

A massive thank you to Helen for all the forms, posters, etc, and a wonderful morning learning about the Bible story of Noah and the ark. She is running another holiday club at Allithwaite Church for three mornings 23-25th August. If you know children who would like to attend, please contact her on 07940463792.

Judith



GRANGE PRIMARY SCHOOL LEAVERS' SERVICE

Judith Mitchell presents lapel badges to Grange CofE Primary School leavers at their service in St Paul's on Tuesday 19th July 2022.

<i>Sunday Services around the Benefice</i>								
August 2022	ALLITHWAITE	FLOOKBURGH	GRANGE	GRANGE FELL	FINSTHWAITE	HAVERTHWAITE	STAVELEY IN CARTMEL	FIELD BROUGHTON & LINDALE
Sunday 7 th August 8 th after Trinity	9.30 am Holy Communion The Venerable Penny Driver	10.00 Morning Worship Lay-led	11.00 am Holy Communion Rev'd Jonathan Brewster		9.30 am Communion by extension Dianne Maguire	11.00 am Communion by extension Dianne Maguire	11.00 am Communion by extension Richard Rhodes	9.30 am Holy Communion Rev'd Jonathan Brewster
Sunday 14 th August 9 th after Trinity	4.00 pm Service of the Word Janice & John Tindale	10.00 am Holy Communion Rev'd Jane Maycock	11.00 am Holy Communion The Venerable Penny Driver	9.30 am Lay-led	9.30 am Holy Communion Rev'd Jonathan Brewster	11.00 am Lay-led	11.00 am Holy Communion Rev'd Jonathan Brewster	9.30 am Lay-led
Sunday 21 st August 10 th after Trinity	9.30 am Service of the Word Rev'd Peter Anderson	4.00 pm Evening Worship Rev'd Jane Maycock	11.00 am Lay-led		9.30 am Lay-led	11.00 am Holy Communion The Archdeacon Vernon Ross	11.00 am Lay-led	9.30 am Holy Communion The Archdeacon Vernon Ross
Sunday 28 th August 11 th after Trinity	9.30 am Joint Communion With St Johns Rev'd Jane Maycock	9.30 am Joint Communion @ St Mary's Allithwaite	11.00 am Holy Communion Rev'd Nick Hallam	9.30 am Holy Communion ?	6.00 pm Evensong	11.00 am Lay-led	11.00 am Lay-led	9.30 am Lay-led

<i>Wednesdays Clergy Rota - August 2022 - 10 am - Holy Communion</i>	
3rd August	Rev'd Nick Hallam
10th August	Rev'd Jonathan Brewster
17th August	Joint with Methodists at Methodist Church, Grange
24th August	The Venerable Penny Driver
31st August	Lay-led

MARCHING AND WALTZING WITH CHARLES

Charles's latest concert in St Paul's at end-July was a further most enjoyable morning with a varied collection of works by the masters from Giuseppe Verdi and Frederic Chopin through to Eric Coates, Dave Brubeck and Mons Leidvin Tackle. Our feet tapped and our fingers twitched.

If two of the roles that music plays are to cause enjoyment and to evoke moods or scenes, then these were present in spades. The Chopin *Waltz in A minor* reminded me of a cosy BBC1 Sunday night serial of a Jane Austen novel with a doughty Army officer viewing whether a racy subaltern would be a suitable match for his daughter. The Satié waltz evoked "a seedy and smoke-filled Parisian café" (shades of Mme Edith in '*Allo 'Allo*). Piernés *March of the little lead soldiers* took me to a children's nursery. Of course, the final item – Eric Coates' march *Calling all Workers* - took many in the audience back to our post-Second World War years when the radio was virtually our only form of entertainment.

All pieces were interpreted with sympathy and skill by Charles, accompanied by Eileen as stop-gap page-turner and (this time) stop-puller when required. We are fortunate that Charles devotes his time and his artistry to entertaining us. Just under 40 people enjoyed their morning, accompanied by coffee/tea and refreshments provided by our generous ladies who also devote time and care to us, and made generous donations which serve to support our church and to keep our musical instruments in good order.

Interestingly, the pianist who played the preliminary music for next day's wedding in the church was thrilled to find a superbly tuned and responsive Bechstein piano at his finger tips. Thanks again to Charles.



BY A RELATIVE NEWCOMER TO GRANGE

The next mid-week concert is on **Thursday 1st September at 11 am** and will be given by Ian Thompson. Ian has recently retired from a busy and varied career as a professional musician and has come to live in Grange-over-Sands. He was an Organ Scholar at Queen's College Cambridge, and later became a Vicar-Choral at St Paul's Cathedral (singing at the Queen's Silver Jubilee).

Ian then became an opera and oratorio singer, performing at Covent Garden, La Scala Milan, and opera houses in Paris, Lyon and Los Angeles. Since retiring he has taken up the euphonium and he counts himself as "spare" organist at St Paul's Church.

His programme of organ music on the recently restored organ in St Paul's Church is varied and interesting and will include Bach's popular *Toccata and Fugue in D minor* as well as *A Birthday Suite for Her Majesty*, written by Cartmel Priory's organist, Adrian Self. He will also perform Messiaen's *Le Banquet Celeste*.

Another musical treat not to be missed!

**Tea and Coffee will be served from 10.30 am onwards
and admission to the concert is free with a retiring collection.**

THE TIDE RISES, THE TIDE FALLS

The tide rises, the tide falls,
The twilight darkens, the curlew calls;
Along the sea-sands damp and brown
The traveller hastens toward the town.
And the tide rises, the tide falls.

Darkness settles on roofs and walls,
But the sea, the sea in the darkness calls;
The little waves, with their soft white hands,
Efface the footprints in the sands,
And the tide rises, the tide falls.

The morning breaks; the steeds in their stalls
Stamp and neigh, as the hostler calls;
The day returns, but nevermore
Returns the traveller to the shore,
And the tide rises, the tide falls.

Henry Wadsworth Longfellow



If you ever need support, Age UK is here for you.

Our free Advice Line is open 7 days a week, 8am-7pm
on 0800 169 65 65. Or, if you're feeling lonely and want a
friendly chat, day or night, you can call

The Silver Line on 0800 4 70 80 90.

Age UK provides information and advice on every facet of later life, from helping people find out benefits they are entitled to claim, to discussing options to help make later life at home more manageable. Our aim is to be the first port of call – the first place that people turn to when they have an age-related need.

Another number to ring – **HELPLINE 03030030003**

Website: www.ageuk.org.uk/campaigns Twitter: [@ageukcampaigns](https://twitter.com/ageukcampaigns)

NEWS FROM THE DIOCESE

A letter to our Treasurer, John Millican

The Bishop of Carlisle
The Right Reverend James Newcome
Bishop's House, Ambleside Road,
Keswick CA12 4DD

17th June 2022

Dear John

Thank you for your 2021 Parish Offer

"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now" *Philippians 1: 3-5*

As I write to thank you for your generosity in the 2021 Parish Offer, Paul's words to the Philippians resonate with me. I am tremendously grateful to God for each of our parishes that make up Carlisle Diocese, for every person who worships within our churches and for your sacrificial generosity which enables such a significant amount of money to be given towards ministry.

Collectively, you gave over £4 million in Parish Offer to support not only the mission and ministry in your own parishes, but also mission and ministry in other parishes across the Diocese. This giving is a living example of the type of "partnership in the gospel" in which Paul was taking such joy, all those years ago.

As I reflect on 2021, I see this "partnership in the gospel" in action time and time again; in your financial giving through Parish Offer, and in many other ways, as we work together to see God's Kingdom come in every community in Cumbria. For example, the 2021 Parish Offer funded 75 stipendiary priests, 6 house-for-duty priests, 10 curates and 8 Network Youth Workers. We are equally indebted to countless gifted laity and retired clergy who faithfully serve our churches and communities.

Through all these ministers (lay and ordained), many thousands of adults, young people and children have: encountered the living God through worship; found comfort and support in dark moments of life such as bereavement; been encouraged into a closer walk with Jesus; heard the good news for the first time; celebrated in the joy of weddings and baptisms; found practical support in times of hardship (e.g. through foodbanks or Christian Against Poverty); connected with children and families through schools work, Network Youth Church and messy church; and found deep fellowship with one another - to name just a few examples! All this happened in the context of a global pandemic and continued restrictions to our lives and meeting together.

As we journey through 2022 and beyond, I implore each of us to unite once again around our four vision themes: follow daily, care deeply, tread gently and speak boldly. As church we continue to face many challenges as we live with the legacy of the pandemic and are now in a time of global and financial uncertainty.

In times of challenge, the call to “partner in the gospel” is more pertinent than ever, as we recognise our profound need for one another. Partnerships are hard. They will undoubtedly require grace, the ability to apologise, the ability to forgive one another and the ability to show great generosity in spirit towards each other. I am confident that with Christ’s help, we can achieve this.

And finally, a special thanks to you, our treasurers. I am particularly thankful for your faithful service to the life of your church. Your hard work and expertise are paramount to the running of our churches.

Please share this letter of thanks with your PCC and make our thanks known to your church. Please find enclosed a certificate which you may wish to display on a church noticeboard.

Wishing you all a blessed 2022.

The Rt Rev’d James Newcome
Bishop of Carlisle



Around the same time, our Churchwarden received this email.

Hi Mike

I'm just following up on our meetings earlier this year, and I wanted to check in and see how you and the church were getting on in your deliberations about a stewardship programme. At the moment, as we do the rounds, Sophie and I keep getting challenged as to whether we think it is the right time to be “doing stewardship” given the current crisis. The Church of England’s National Head of Stewardship, Jonathan de Bernhardt Wood, recently said, “I wouldn’t encourage any church to delay for a couple of reasons. Firstly, the cost of living / high inflation / Ukraine/energy costs are going to be this way for some time. And secondly they make the church’s ministry more expensive too, so the giving gap just grows bigger in the time it is delayed. It is, though, even more important to be sensitive to the financial pressures that may exist, acknowledging that some may have to give less as a result of these challenges, which also serves as an encouragement to those who are not as affected to give more.”

We have updated some of the Giving in Grace literature to include the questions raised by the Crisis and we have even added a special section on the [Diocesan web-site](#). You might find this useful.

I wonder if you could let me know where you are all up to. Is there anything more that Sophie and I could do at the moment? Could we attend a PCC, or help with pulling together a Generosity Week campaign?

It would be good to hear from you if you could spare a minute or two.

John

John Thompson Stewardship Officer



The PCC reduced our Parish Offer last year because of the length of time without regular clergy support from the Diocese. As this situation remains unresolved, and after much deliberation, the PCC have concluded that, as very little has changed since last year, our offer for this year will remain at £20,000, with an additional 10% to cover the cost of inflation, thus making a Parish Offer for 2023 of £22,000. Once the situation within the Team has been resolved, we shall consider an increase. We do not think that the time is appropriate for us to consider any stewardship campaign.

The LAMBETH CONFERENCE

The Bishop of Carlisle has today (26th July) joined fellow bishops from across the Anglican Communion at the Lambeth Conference being held in Canterbury.

It is the 15th such conference and sees Bishop James join over 600 bishops to discuss church and world affairs and the global mission of the Anglican Communion for the decade ahead. People are encouraged to pray for the conference.



Its theme is 'God's Church for God's World - walking, listening and witnessing together, with the conference exploring what it means for the Anglican Communion to be responsive to the needs of a 21st Century world. Topics under discussion include Mission and Evangelism, Safe Church, Anglican Identity, Human Dignity, The Environment and Sustainable Development, Christian Unity, Inter Faith Relations, Discipleship, and Science and Faith.

It takes place about every 10 years and this time runs from 26th July through to the official conference end on 7th August.



The Summer edition of the Diocesan paper
The Way is now available on the **God for All** web site
 There are features on the new Bishop of Penrith's consecration, a Cumbrian curate who has just been appointed the first northern Eco Church officer, and a Ukrainian refugee and her family who have found help and support in a north Cumbrian village, plus lots more content.

God for All is the ecumenical vision for our county - four partner denominations and other companion churches are working towards that bold aim.



God for All builds on the prayers, planning and work across churches in Cumbria over the past five years, emphasising mission at the heart of what we do. As part of the vision, new strategies for future ministry, outreach and buildings have been developed.

Follow Daily Care Deeply
Speak Boldly Tread Gently

Central to our vision are four emerging key themes: follow daily, care deeply, speak boldly, tread gently.

There are 35 mission communities across the county, dozens of fresh expressions of church are growing, and new and exciting ways are being realised to empower everyone's missional gifts.

CHURCHES TARGETED IN BANK SCAMS

Please be aware that nationally churches appear to be the subject of scammers. A typical scam may start with a phone call - allegedly from a bank's security team - which includes convincing detail about the parish, suggesting there are suspicious transactions about to go out from the PCC account - and attempting to obtain enough details to allow them to actually make some fraudulent payments.

Please make sure that those people with access to church bank accounts are aware that **passwords and login codes must never be disclosed on the phone**. If a call of this nature is received from your bank, end the call and phone your bank using a number you trust, and from a different phone - as they may still be holding on the line from the previous call. If the call was genuine, they will not mind you taking this approach, and if it was not, it may save you losing money.

Be cautious as well of 'follow up' calls after the event - as they may be trying a second attempt while pertaining to be helping with the initial scam. Other scams include texts or e-mails claiming to be from banks, HMRC, delivery companies, Royal Mail, TV licensing, BT, etc, but all will try to get you to click a link to install 'trojan' software, or to divulge to them bank login details. These scam phone calls are now very sophisticated and convincing, sadly we all need to be on our guard.

CAN YOU FIND 30 BOOKS OF THE BIBLE HIDDEN IN THIS PASSAGE?

This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much that he passed it on to some friends.

One friend from Illinois worked on this while fishing from his johnboat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it, she mentioned it in her weekly newspaper column.

Another friend judges the job of solving this puzzle so involving that she brews a cup of tea to help her nerves. There will be some names that are really easy to spot, that's a fact. Some people, however, will soon find themselves in a jam, especially since the books are not necessarily capitalized.

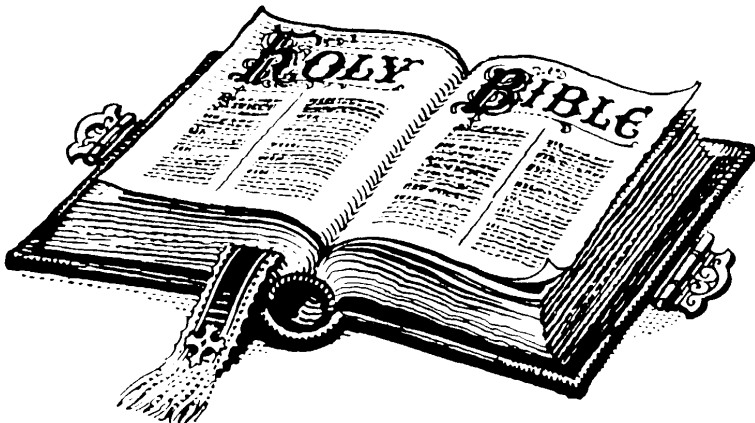
Truthfully, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in these paragraphs. During a recent fundraising event, which featured this puzzle, the Alpha Delta Phil-Lemonade booth set a new sales record.

The local paper, the Chronicle, surveyed over 50 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "the books are all right here in plain view, hidden from sight". Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books Timothy and Samuel appear without numbers.

Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for mass exodus; there really are 30 books of the Bible lurking somewhere in these paragraphs waiting to be found.

Answers on page 23.

David Pendlebury





A FIRST - Many of you will remember Gemma as a founder member of the Edward Bear Club over 21 years ago when she was just aged 2. She then attended Grange Primary School, Dallam School and Lancaster Girls Grammar School.

Thought you'd like to see her on graduation day at Leeds University when she was awarded a First in a Masters of Mechanical Engineering at Leeds University in July after 5 years. She now moves to Telford to join Mott McDonald an international engineering consultancy, initially in water engineering.

Judith

WALKS ACROSS MORECAMBE BAY (6-8 MILES)

People have been crossing the sands with a royally appointed guide since the 1500s, when, after the dissolution of the monasteries under Henry VIII, the Duchy of

Lancaster acquired (amongst others) the Cartmel and Conishead Priors. With them went an obligation to appoint guides for travellers over the shifting sands of Morecambe Bay.



Crossing the sands with an experienced and knowledgeable guide is the only way to traverse the ever-changing flats and channels, and is an amazing opportunity to immerse yourself in Morecambe Bay's unique scenery and wildlife.

Dates of forthcoming sponsored walks:

6th August	Heartbeat
20th August	Save Grange Lido
21st August	Galloways—Support through Sight Loss
3rd September	St Catherine's Hospice Care
4th September	St John's Hospice Care

The walks are organised by the Guide Over Sands Trust. Visit their web site for details and further dates.

Guided walks are also available on the shorter route (4-5 miles) from Sandgate, Flookburgh, to Chapel Island.

A LETTER TO ST PAUL'S CHURCH CONGREGATION

We have been very touched by the thoughts and kind wishes from so many who have prayed for Linda, me and the family after my heart attack, and I would like to convey my heartfelt thanks to you all but to also to give you an update.

On the 7th of August 2021 at 5.30 am I (Paul, Linda's husband) had a major heart attack, an event that came along very unexpectedly. I was fairly fit and healthy having quite a physical job and enjoying fell walking, and playing with my 2 grandsons, Jacob and Jack. They are always up for the thrill of being chased, or for the fun and laughter of me running with them in a wheelbarrow, hearing them shouting, "again, again, Granddad."

With Linda and our children, Emma and Matthew, we've always enjoyed being active and out and about and, up until my early 30's, I played club rugby and thrived on the training that came with it. So, one can imagine the shock of a major heart attack, and the uncertainty and emotions as we tried to process the situation, while the family watched me being airlifted to Blackpool hospital. Many people have experienced the trauma of similar circumstances and sadly for some a heart attack has been fatal. I thank God this was not the case for me.

It took one and a half hours before the ambulance arrived but during this time Linda and I prayed and at no point did I ever fear death or dying. After all, the Holy Spirit is the Spirit of peace, and Linda at my side was a great support. Prayer is not about me getting God to do what I want; prayer is asking God to do what He wants. The dynamics of that are shrouded somewhat in mystery, but the reality of prayer is beyond doubt.

At Blackpool after the angiogram located a 50% blocked artery the cardiologist inserted a stent in my right arm and into my left coronary artery which successfully stopped the attack. In December 2021 at WGH a heart stress test confirmed why I was experiencing breathlessness, chest discomfort (angina) and muscle fatigue, particularly in the legs. The left ventricle, which oxygenates and pumps the blood, is only operating at 35%, and this is classed as heart failure but there is also heart disease, with 2 other 50% blockages, one just below the aorta (main artery) and one in the central coronary artery, and some concern about the right coronary artery. In May after seeing a cardiac surgeon at Lancaster hospital it was decided I needed a bypass, possibly in December 2022 but there is no date yet.

Proverbs 12:4 says "a wife of noble character is her husband's crown" and without doubt my crown shines bright. Linda and I have shared our concerns about the future and my health and I've needed to reduce my workload from a full-on 6 days a week to 2 or 3 days. The reduced heart function and its effects mean it is essential to rest and recuperate.

I'm prayerful and conscious of walking with the Lord – we need His presence and His assurance. For 20 years I've been involved in prayer ministry, teaching and training in healing and discipleship. God has brought me physical healing, and I hope has enabled me to bring healing and peace to others. I have faith in God to heal. However, I'm also reminded that this world is only temporal and that our focus should be on eternity, God's sovereignty, Christ Jesus, and His return. God bless.

Paul Brown

Becoming UnBusy

And the people stayed home, and read books and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Kitty O'Meara

Stillness & Song

Grange Methodist Church
Sunday 7th August
6-7pm

Quiet, reflection and song
in the style of the Taizé community
Music led by local musicians

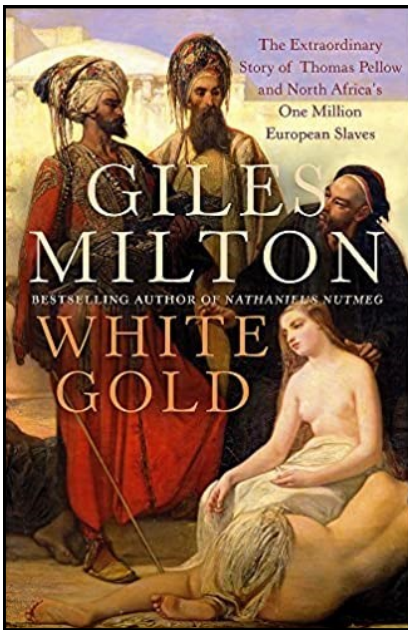


ST PAUL'S LIBRARY

A LURID TRUE STORY OF CRUELTY AND SLAVERY ON THE SHELVES OF ST PAUL'S

It was necessary to move the large wooden bookshelf at the back of St Paul's before we recently had the floor repolished so we took the opportunity to review the books we were holding and to refresh the balance of those remaining. One work that caught my eye was a paperback by Giles Milton entitled *White Gold*.

This tells of the enslavement at sea in 1716 of an 11-year old Cornish cabin boy and 51 of his comrades by Barbary corsairs and of the subsequent events, including the 23 years of captivity suffered by Thomas Pellow and his eventual return to Cornwall. It is not pleasant reading and one blanches at the gratuitous loss of life and incredible suffering inflicted on those unfortunate enough to go into slavery.



It is a period and area of history which has received little attention over the years. The British government, beset by other and more pressing problems, paid little attention to this and other problems on the Mediterranean-Atlantic sea routes, and Wikipedia does not provide much auxiliary information. Meknes, where much of the action takes place, is now a small market town in the interior of Morocco, rarely visited by tourists and the appalling slave pens seem to have largely been left to deteriorate into grain and wine warehouses. The names of the Berber villains are unknown except to specialist historians of which there are few.

But the story is there, on our shelves, and available to those who wish to read an appalling true story. I just wonder how it came to be on our shelves and who gave it to us. It is not for those of a weak disposition

The **JIGSAW FESTIVAL** raised £76.41 for church funds.

We have now accumulated a number of puzzles and these are available on the shelves outside the Office. Please help yourself if you would like to borrow, exchange or buy one! I understand that the Community Hub in the Victoria Hall also has jigsaw available to borrow.





LAMMAS DAY—1ST AUGUST

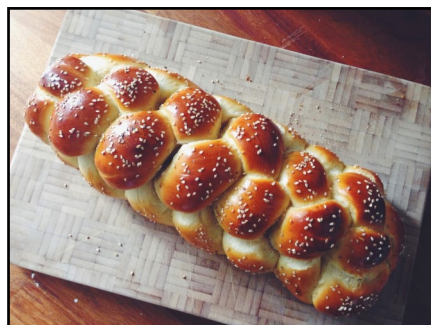
Lammas Day, also known as Loaf Mass Day, is a Christian holiday celebrated in England, Scotland, Wales, Northern Ireland and other countries in the northern hemisphere on 1st August or on the nearest Sunday, and on February 1st in the southern hemisphere. While some Christian communities may still practise a 'blessing of he loaves' on Lammas, it is a tradition that is beginning to die out. Nowadays, most Christians who want to celebrate Lammas do so by adorning their house in symbols such as corn husks, wheat strands, apples and other traditional harvest symbols.

Traditionally, Lammas bread is baked and brought into the church for a blessing. The loaf is broken into four pieces with each of the pieces placed at the corner of a barn to protect the newly harvested grain.

Lammas bread is often made in shapes including wheat, owls, plaited or made into a wreath. Other symbols include corn dollies, twigs bundled together, sprigs of mint and, of course, involves family and friends enjoying each others' company with large feasts. It marks the first harvest of the season and is different from 'Harvest Festival', which celebrates the end of the harvest season in September.



The name originates from the word "loaf" in reference to bread and "mass" referring to the Christian liturgy celebrating Holy Communion.



Lammas is the conventional name of the Quarter Day which falls on August 1st. The other quarter days are Candlemas (2nd February), May Day (1st May) and All Saints Day (1st November) denoting the quarters of the calendar.

Why not find the recipe on line and have a go at baking Lammas bread?

ANSWERS TO “Can you find 30 books of the Bible hidden in this passage?”

This is a **most** remarkable puzzle. It was found by a gentleman in an airplane seat pocket on a flight from Los Angeles to Honolulu, **keeping** him occupied for hours. He enjoyed it so much that he passed it on to some friends.

One friend from Illinois worked on this while fishing from his **johnboat**. Another friend studied it while playing his **banjo**. Elaine Taylor, a columnist friend, was so intrigued by it, she mentioned it in her weekly newspaper column.

Another friend **judges** the **job** of solving this puzzle so involving that **she brews** a cup of tea to help her nerves. **There** will be some names that are really easy to spot, that's a **fact**. Some people, however, will soon find themselves in a **jam**, especially since the books are not necessarily capitalized.

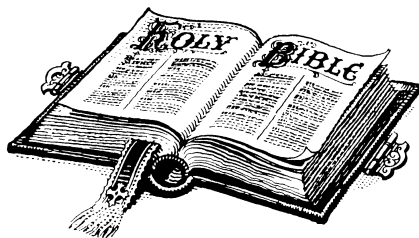
Truthfully, **from** answers we get, we are forced to admit **it** usually takes a minister or scholar to see some of **them at the worst**. Research has shown that something in our **genes** is responsible for the difficulty we have in seeing the books in these paragraphs. During a recent fundraising event, which featured this puzzle, the Alpha Delta **Phil-Lemonade** booth set a new sales record.

The local paper, the **Chronicle**, surveyed over 50 patrons who reported that this puzzle was one of the most difficult they had ever seen. As **Daniel** Humana **humbly** puts it, “the books are all right here in plain view, hidden from sight”. **Those** able to find all of them will hear great **lamentations** from those who have to be shown. One **revelation** that may help is that books **Timothy** and **Samuel** appear without **numbers**.

Also, keep in mind, that punctuation and spaces in the middle are normal. A **chipper** attitude will help you **compete** really well against those who claim to know the answers. Remember, there is no need for mass **exodus**; there really are 30 books of the Bible **lurking** somewhere in these paragraphs waiting to be found.

The books of the Bible, as they appear in the passage, are as follows:

Amos, Mark, Luke, John, Joel, Judges, Job, Hebrews, Esther, Acts, James, Ruth, Romans, Titus, Matthew, Genesis, Philemon (spelt Phillemon in quiz), Chronicles, Daniel, Nahum, Hosea, Lamentations, Revelation, Timothy, Samuel, Numbers, Malachi, Peter, Exodus and Kings.



An interesting fact gleaned from Facebook

Trees emit invisible chemicals phytoncides, which are active substances created by trees to help prevent rotting or being eaten by some of the insects, animals and fungi that attack them. Research has discovered that there is also a beneficial effect on people when they visit forests and inhale these phytoncides. Our bodies respond by increasing the number and activity of a type of blood cell called ‘natural killer’ or NK. These cells kill tumour and virus-infected cells in our bodies; they reduce stress hormones like cortisol, lower blood pressure and improve our immunity. A study has shown that increased NK activity lasted more than 30 days after a 3-day, 2-night forest trip.



Even more reason to take a walk through some of our beautiful woodland areas.

	GRANGE OVER SANDS MONTHLY RAINFALL (MM) - ANDREW LITTLE							
	2015	2016	2017	2018	2019	2020	2021	2022
January	154	141	98	142	73	107	186	58
February	76	125	91	69	99	263	139	171
March	110	107	162	60	182	75	134	48
April	46	72	15	98	39	12	12	40
May	165	32	75	37	52	26	101	68
June	34	185	135	19	91	99	30	41*
July	69	113	126	33	134	169	70	
August	112	168	86	108	180	188	63	
September	29	118	177	133	177	66	62	
October	60	31	172	131	160	165	304	
November	246	118	189	62	85	114	71	
December	352	65	109	160	155	126	153	
Annual Totals	1,453	1,275	1,435	1,052	1,433	1,408	1,325	426*
* means incomplete total till next month								

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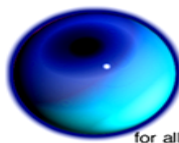


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